On Equal Terms!

A Better Life for the Visually Impaired

Jan Zawilski, Office des personnes handicapées du Québec
Michel Dargy, La Magnétothèque

Québec

A Better Life for the Visually Impaired

Facilitating social integration: information and resources

Jan Zawilski, Office des personnes handicapées du Québec

Michel Dargy, La Magnétothèque

Revised and updated, January 1985

Legal Deposit - 2nd quarter 1986
Bibliothèque nationale du Québec
ISBN 2-550-16308-7

"Having an impairment is not necessarily a handicap!

The handicap is not being able to work, study, amuse oneself, communicate with others."

ON EQUAL TERMS, Office des personnes handicapées du Québec, 1984

This volume was translated from the French at the
Direction de la traduction
Ministère des Communications

ACKNOWLEDGMENTS

This translation is of the second, updated version of the Guide pour améliorer la qualité de vie des personnes ayant une déficience visuelle. It has been made possible thanks to the joint efforts of the Office des personnes handicapées du Québec (OPHQ) and La Magnétothèque. The project was supervised by Jan Zawilski of the OPHQ, while Michel D'Argy, of La Magnétothèque provided the text. This document may be obtained in Braille from the Institut Nazareth et Louis Braille, and on cassettes from La Magnétothèque. The original version was produced as part of a project at Dawson College, with support from the ministère de l'Éducation du Québec and the Montreal Association for the Blind.

This text would never have come into existence had it not been for the resource persons* in various organizations who so willingly provided the most up-to-date information, and made many wise suggestions as to how this guide could be rendered more practical and more useful, and as to how its presentation could be improved.

Our special thanks to Lise Cloutier of the centre Champagnat, whose contribution to the chapter on educational services was invaluable.

The Editor

---

* All persons contributing to this guide were asked to express their opinion freely. Consequently, the points of view and opinions expressed here are not necessarily those of the Office des personnes handicapées du Québec or of La Magnétothèque.

TABLE OF CONTENTS

	Page
INTRODUCTION	1
Chapter I	4
1.0 Autonomy and social integration	4
1.1 Respect for rights	5
1.2 Autonomy in daily living	7
1.3 The printed word	9
1.4 Social Services	10
1.5 The Visual Aid Program	12
1.5.1 Guide dogs	13
1.5.2 Technical aids	15
Chapter II	17
2.0 Educational services	17
2.1 Teaching at the elementary and secondary levels	17
2.2 Specialized instruction	18
2.3 College and university studies	19
2.4 Financial assistance	20
2.5 Adult education	21
2.6 School establishments	22
2.7 Services in support of integration at school	24

2.8 The teaching establishments -- shortcomings and remedies 26
2.9 Adapted equipment 26
2.10 Teaching methods and material -- their adaptation 27
2.11 Class work and examinations 28
2.12 Support in school 28
2.13 Library research 28
2.14 Access to school information 29
2.15 Layout of the premises 29

Chapter III 30

3.0 Access to the labour market 30

3.1 Planning a career 30
3.1.1 Careers open to the visually impaired 31
3.1.2 General training and advanced schooling 32
3.1.3 Knowing the job outlook for 1990 33
3.1.4 Engineering 34
3.1.5 Micro-electronics and computer processing 34
3.1.6 Biotechnology 35
3.1.7 Physics 35
3.1.8 Agribusiness 36
3.1.9 Aeronautics, telecommunications, the sea 36
3.1.10 Health 37

3.1.11 The environment 37
3.1.12 Administration 38

3.2 Looking for a job 38
3.2.1 Special job-hunting services 39
3.2.2 General job-hunting services 39

3.3 The hiring program of the Office des personnes handicapées du Québec (OPHQ) 40

3.4 Adapted work centres (CTA) 41
3.4.1 Getting hired in a CTA 41

3.5 Working experience 42

3.6 Conclusion 43

Chapter IV 44

4.0 Leisure 44

4.1 The importance of leisure 44

4.2 Selecting leisure activities 44
4.2.1 Adapted games 45
4.2.2 Other pastimes 45
4.2.3 Activities with sighted people 45

4.3 Recreational organizations 46

4.4 Leisure activities: integrated or separate? 46

4.5 Publications on leisure 47
4.5.1 Books 48

Chapter V 49

5.0 Guide to organizations 49

5.1 Alphabetical index to promotional organizations 51

5.2 Alphabetical index to service organizations 52

5.3 Alphabetical index to recreational organizations 53

5.4 Reference sheets 54

INTRODUCTION

The purpose of this information and resource guide is to encourage the social integration -- at work, at school, at play -- of those who are visually "handicapped"*. While providing indispensable advice and information to those principally involved, this document is also for sighted people whose work or social commitments require that they come into contact with the visually impaired.

This guide contains useful resources in such areas as job hunting, the obtaining of educational services and visual aids for reading and writing; it also provides food for thought on the social position of the visually impaired and on the best ways for them to become autonomous.

This revised version has been prepared in keeping with the principle laid down in the first edition: that persons visually impaired can take charge of their own social integration.

The first chapter repeats part of the first version's chapter on communication, and emphasizes autonomy as a condition for aspiring to social integration. In particular, the rights of the disabled are discussed, and the attendant legislation outlined.

---

* Note: "Handicapped" is used with reservation. A handicap is a social obstacle, and all visually impaired persons hope to have the social barriers which are at the root of every handicap torn down.

Chapter II deals with something which was not dealt with in the first version: educational services. Subjects covered include schools and facilities adapted for the visually impaired. Practical solutions are put forward for dealing with existing shortcomings.

In the chapter on access to the labour market, emphasis is laid on the importance of planning a career, and useful advice on job hunting is provided. In particular, this chapter deals with the job outlook for 1990 and with the hiring plan developed at the Office des personnes handicapées, under which employers must pay special attention to hiring this particular class of people.

Chapter IV deals with the "leisure society"; it lists some publications on the subject and emphasizes the use of adapted methods allowing for a whole range of pastimes.

The last chapter contains as complete a guide as possible to Québec organizations for the visually impaired, devoted to promotion, services and leisure. But since this domain is continually changing, it will be easily understood that this list is not exhaustive. Accordingly, all organizations concerned should let us know their complete names and addresses, with any later changes; only by being aware of the changes which take place within these organizations can we keep this guide truly up to date.

The Guide is available in printed form at the Office des personnes handicapées du Québec, on cassette at La Magnétothèque, and in Braille at the Institut Nazareth et Louis Braille. Be sure you get one; you are bound to find it useful!

Comments and suggestions will be gratefully received; you may send them to this address:

Office des personnes handicapées du Québec
Direction des communications et de la documentation
309, rue Brock
Drummondville (Québec)
J2B 1C5

CHAPTER I

1.0 AUTONOMY AND SOCIAL INTEGRATION

This is an era of great social change. We have seen this change manifest itself in the affirmative action movements of so-called "minority" groups (such as women and cultural communities). The disabled, whose international year it was in 1981 and whose decade began in 1983 and will end in 1992, have every intention of taking their rightful place in the world.

The objective is social integration, and the visually impaired intend to attain that objective, first by becoming autonomous and by having their rights respected. To lead an enriching life within society rather than on its fringes is what integration is all about.

A person who requires assistance which is not related to his impairment should apply to the services available to all citizens on an equal footing, rather than to an organization for promotion, services and recreation for the visually impaired, since these cannot replace the general

services. Furthermore, the more use the visually impaired make of these services, the more the latter will improve, as long as the people who provide the services know their needs.

The visually impaired, then, have a vital role to play in improving their own position. Enriching human relationships spring from personal initiative, as does any improvement in anyone's social position. For this reason, institutions, whether public or private, can always support social integration but can never hope to replace the infinitely more stimulating network of interpersonal relations.

1.1 RESPECT FOR RIGHTS

Anyone with a visual impairment has precisely the same rights as any other citizen. He (or she) should enjoy the same services and should aspire to the same degree of autonomy. And, if that person feels that his or her fundamental rights are being infringed upon, he or she must never hesitate to appeal to the appropriate public agencies.

For information on Québec's Charter* of human rights and freedoms, contact the:

COMMISSION DES DROITS DE LA PERSONNE
360, rue Saint-Jacques
Montréal H2Y 1P5
Tel. (514) 873-5146
Québec: (418) 643-1872
From elsewhere in Québec: (toll free) 1-800-361-6477

Information on the Canadian Charter of Rights and Freedoms, or a copy of that legislation, can be obtained from:

THE CANADIAN HUMAN RIGHTS COMMISSION
Ottawa (Ontario) K1A 1E1
Tel. (613) 955-1151

Québec regional office: 2021 avenue Union
Bureau 1115, 11th floor
Montréal (Québec) H3A 2S9
Tel. (514) 283-5218

A victim of discrimination seeking to lodge a complaint must have as much information as possible to lay before the court (police reports, names and addresses of witnesses, etc.).

---

* This charter is available on cassette at La Magnétothèque (see the Guide), and in Braille at the Institut Nazareth et Louis-Braille (see the same Guide).

Finally, the Act to secure the handicapped in the exercise of their rights (Bill 9), assented to June 23, 1978, at the National Assembly of Québec, created the Office des personnes handicapées du Québec (OPHQ). This government agency coordinates all services provided to the disabled, and promotes integration of the disabled at school, at work and socially (see the Guide). This Act has been recorded, as have the White Paper which preceded it and the OPHQ's overall policy entitled "On Equal Terms". They can be obtained by contacting La Magnétothèque (Montréal: 524-6831; elsewhere in Québec, toll free, 1-800-361-0635) (see the Guide). "On Equal Terms" is available in Braille at the Institut Nazareth et Louis-Braille (Montréal: 463-1710; outside Montréal: 1-800-361-7063 (toll free).

1.2 AUTONOMY IN DAILY LIVING

To live autonomously is to be able, among other things, to cope at home, to use public transportation, to draw up a budget, and to manage money. In this regard, a number of the organizations which offer services for the visually impaired provide assistance or training which can lead to increased autonomy (mobility, home life, etc.). Further information can be obtained from any of the rehabilitation centres mentioned later in this chapter, and in the Guide (Chapter V).

Most public transport firms (the CTCUM, VOYAGEUR, VIA RAIL, the airlines, and others) issue special cards for people whose mobility is seriously impaired. These cards authorize their bearers to travel accompanied without their companions having to pay.

Large department stores provide special services for their visually impaired customers who generally can make appointments to do their shopping. Bell Canada and the other telephone companies in Québec (see the Guide) provide free directory assistance and other services to make access to telecommunications easier for the visually impaired.

Still, many of the problems related to everyday living can often be solved on one's own, without resorting to outside assistance*: by using unbreakable dishes, for instance, or by placing easily recognized Braille stickers on grocery items; by using alarm clocks without glass facing in order to be able to tell the position of the hands; or by using signature guides. There's a solution to every problem.

---

* To help disabled and elderly people live independent lives, Health and Welfare Canada has just put out a series of publications describing non-medical aids used in the kitchen (tongs, adapted covers, household appliances and so on). Subsequent publications will deal with grooming and hygiene, communication (for the hearing impaired), accessibility in general, recreation and leisure.

Apply to: Independent Living
Public Affairs Branch
Health and Welfare Canada
Ottawa (Ontario) K1A 1B5

1.3 THE PRINTED WORD

A reliable close relative can always read mail for a person with a high degree of visual impairment, although these persons can also read by themselves, if they use a closed-circuit TV system, or an optacon. If they wish to obtain one of these, they must qualify for the Visual Aid Program of the Régie de l'assurance-maladie du Québec which finances these aids, and the aids requested must meet their functional needs (see the section on the program for allotting functional aids, at the end of this chapter). Until radio and television replace the printed word with special daily news broadcasts, the visually impaired will have to be content with the programs produced, today, which are geared primarily to the needs of sighted persons.

Autonomy cannot be acquired without mastery of written and oral communications. It is important, then, for visually impaired persons to become acquainted with the world of the printed word. Any such person who wants to do this must exercise his right to information and to the necessary technical aids and have that right respected, although naturally recordings, radio and television news and Braille can never replace direct contact with the printed word, where variety is incomparable. Besides, consider the pleasure in being able to read one's own newspaper, magazine or book, when the aids one needs are there for the using.

Another point: some people learn to spell with much greater ease by repeatedly reading printed matter -- and eventually become more proficient at written communication.

1.4 SOCIAL SERVICES

Social integration can be dependent on the use of social services, which are available to everyone, so no one who needs these services should hesitate to make use of them. To find out the telephone numbers of places in your region where services can be obtained, call Communication-Québec or ask for directory assistance. Following is a list of what are considered the most useful social services. Chapter V contains information on the more specialized organizations dealing with the needs of the visually impaired.

- Social Service Centres (CSS)*1
  These centres can place elderly persons, assist immigrants (social workers), protect rejected children and young offenders and provide advice on alcoholism and drug abuse.

- Social Aid Offices*2
  Financial assistance, medications and special attention for disabled persons who are social aid recipients, etc.

- CLSC
  This is a government network of community health care (clinics, appointments, etc.).

- Régie du logement
  Information on rights of landlords and tenants
  Settlement of disputes over lodging

---

*1 Some CSS functions are being transferred to the CLSC network.

*2 These offices are being incorporated into the Centres-Travail-Québec.

- Commission des normes du travail
  Information on workers' basic rights; legal assistance

- Legal Aid services
  Lawyers' and legal advisers' services for people who could not otherwise afford them

- Commission des droits de la personne du Québec
  Defending and informing persons whose basic rights have been infringed upon

- Protecteur du citoyen
  Representing people who have problems in dealing with the machinery of government

- Bureau pour la protection du consommateur
  Hears consumer complaints regarding goods or services; provides information

- Unemployment Insurance Commission (federal government)
  Benefits to the unemployed

- Communication-Québec
  Information on services provided by the Québec government and its service network

1.5 THE VISUAL AID PROGRAM (AMEO)

Technical aids are a key element in any social integration process. Daily living would be much more difficult without them, since these special instruments, and the training which goes with them, can allow a visually impaired person to become "functional": to perform the various tasks needed to live autonomously.

With a view, then, to promoting autonomy, and, by extension, social integration of visually impaired persons, Québec's Régie de l'assurance-maladie (RAMQ) administers a program intended to provide these persons with access to various technical aids, be they mechanical, electronic or optical (AMEO).

In order to qualify to receive these aids without restriction, a person must be 35 years of age or under when he or she acquires the first of them, and must be living in Québec.

Students and working people, however, can qualify regardless of their age if they need some appliance for their studies or their work.

Some services are provided regardless of age to anyone who is visually impaired. These include canes; the cost of buying and maintaining a guide dog; writing guides and a Braille slate and stylus. Sonic guides, held in the hand or worn about the neck, can also be obtained by any visually impaired person who has a major hearing impairment, or is paralysed to the extent of needing a wheelchair.

1.5.1 Guide dogs

A person wishing to acquire a guide dog must apply to a rehabilitation centre, which will refer that person to a guide dog school, most of which are in the United States. These schools generally defray the accommodation and travel costs incurred in visiting them. Information as to the possibility of obtaining a guide dog trained in French in Québec can be obtained from the Institut Nazareth et Louis-Braille, the centre Louis-Hébert (both mentioned below) or the Fondation Mira (see the Guide).

Some rehabilitation centres sell various items in common use whose cost is not defrayed by the Régie de l'assurance-maladie. As a last resort, a person who can get no answer to his requests through the Visual Aid Program (AMEO) or other such programs can apply to the Office des personnes handicapées du Québec (OPHQ) through one of its service programs*.

---

* "A service program is the means used to plan and coordinate the individual services needed to accomplish and continue the social integration of a handicapped person." (On Equal Terms, p. 36)

Six rehabilitation centres in Québec administer the functional aid distribution program:

Montréal and South of Montréal: (and supra-regional centre for Western Québec)	Institut Nazareth et Louis-Braille 1255, rue Beauregard Longueuil (Québec) J4K 2M3 Tel. (514) 463-1710 (toll free) 1-800-361-7063
Montréal region: (special attention to the English population)	Montreal Association for the Blind (MAB) 7000, Sherbrooke Ouest Montréal (Québec) H4B 1R3 Tel. (514) 489-8201
Québec City region: (and supra-regional centre for Eastern Québec)	Centre Louis-Hébert Inc. 1270, chemin Ste-Foy, 4e étage Sainte-Foy (Québec) G1S 2M4 Tel. (418) 687-3470
Sherbrooke region:	La Villa Dufresne Inc.* 1930, rue King Ouest Sherbrooke (Québec) J1J 2E2 Tel. (819) 567-8411

* This centre has published a folder entitled "Le guide voyant", for those who would like to help visually impaired persons to get about.

Chicoutimi region: Centre d'entraînement à la vie
766, rue du Cénacle
Chicoutimi (Québec) G7H 2J2
Tel. (418) 549-4003

Hull region: La Ressource
920, boul. Saint-Joseph
Hull (Québec) J8Z 1S9
Tel. (819) 777-6261

Further information on these rehabilitation centres may be obtained in Chapter V (the Guide).

1.5.2 Technical aids

*The following is a list of the principal technical aids loaned by the Régie de l'assurance-maladie du Québec in its program for distribution of functional aids:

Reading aids:

1 - optical
- Closed-circuit television systems using a cathode-screen electronic appliance which magnifies printed characters
- Lenses (corneal, microscopic, telescopic, magnifying glasses, etc.)

2 - non-optical:
- Appliance for converting optical impulses into tactile ones (OPTACON)
- Variable-speed cassette recorder

* Complements to some of these aids are also available depending on need.

Writing aids:	- Ordinary typewriter - Braille typewriter (Brailler) - Braille slate and stylus - Dymotape - Braille electronic writing and word processing machine (Versabraille)
Calculating aids:	- Synthetic voice electronic calculator - Braille electronic calculator
Mobility aids:	- Canes - Guide dogs - Sonic guides

Chapter II

2.0 EDUCATIONAL SERVICES

As a rule, any child between one and five years of age does most of his learning with his eyes. It stands to reason, then, that if that child is visually impaired he must be encouraged to use his other senses to discover the world. Attention must be paid to this need for early stimulation during the child's earliest formative years (kindergarten, pre-kindergarten, Grade I).

The importance of education in schools is described as follows in "On Equal Terms" (p. 107): Access to educational services is a determining factor for integration into society. The school is a place of learning and socialization for each child".

Does today's school system really make provision for, and facilitate access to, educational services for persons with a visual impairment, thus helping them to integrate socially? Later, we shall examine some practical solutions for surmounting various obstacles in the school system.

2.1 TEACHING AT THE ELEMENTARY AND SECONDARY LEVELS

Québec's ministère de l'Éducation (MEQ) has made it clear: all children with problems of adaptation have an inalienable right to free public education, and the school system must meet their specific needs, while keeping them in their natural surroundings. Indeed, the policy on adaptation at school is not directed solely at disabled children,

but covers a far broader group of children with difficulties, a great many of whom manifest no apparent physical or mental impairment. If the functional limitations of such children were to be given more attention when classes are organized, more of these children could be integrated into ordinary classes. Considerable progress has been made over the past ten years. There are cases where integration begins at the very first year, and itinerant services are more effective. In this area there is room for high hope.

Unfortunately, the quality of educational services for children who are visually impaired varies considerably from one school board to the next; it is founded not so much on the children's special needs as on the specialized resources (schools and teachers) available in each region. Demands or needs are not the same everywhere, and the result is an unequal distribution of services.

The training and upgrading of teachers of disabled children leaves much to be desired. This is particularly hard on children with sensory impairments since no one can either assess their needs or meet those needs appropriately when they are linked to functional limitations.

2.2 SPECIALIZED INSTRUCTION

In short, disabled children do not receive the same services in all regions. It all depends on the resources available and the initiatives taken. Most of the time, persons with functional vision attend general training courses in an

integrated atmosphere while those who cannot see attend special schools, like the Institut Nazareth et Louis-Braille, for the first few years of their education. The key factor in the selection of schools for those years is often the need for Braille training. This can result in children from some regions being removed from their natural environment, since the specialized schools are concentrated in the major centres like Montréal and Québec City.

Parents whose disabled children are boarded outside the territory of their school board receive an allowance of $1 500, and often this is not enough to pay for transportation and to meet other expenses incurred by moving the child away. Hardest hit in this regard are parents in Eastern Québec, where distances between home and school are frequently very great.

2.3 COLLEGE AND UNIVERSITY STUDIES

Right now, the number of visually impaired students attending our colleges and universities is low. Still, these students may have need of various instruments for their training which are not always available. And there are barriers, both architectural and pedagogical, to be overcome. The teaching support received by some students is precarious, especially Braille transcription of books.

While the ministère de l'Éducation offers bursaries to disabled students, there is nothing to indicate that the students always take advantage of them. The department has restricted itself to trying to solve the most urgent problems (housing,

transportation, financial assistance and others) as they arise, but without any obvious consistent planning, and without establishing any clear policy on the special conditions of visually impaired students.

As a result, those students come to believe that college and university are not for them. A number are still turned down because of their impairment or their functional limitations, being presumed incapable of getting through the program or of finding a job related to their training. And even those who do manage to enroll find the same prejudices haunting their studies.

2.4 FINANCIAL ASSISTANCE

The Service d'aide financière aux étudiants in the MEQ administers a special program of bursaries for disabled students. Any such student who could not continue his or her studies without such assistance is admissible. This financial assistance comes only in the form of a bursary and can cover school fees, the cost of special transport, of subsistence and, in some cases, of various technical aids not available under the RAMQ Visual Aid Program; a student who needs certain intruments for his or her studies cannot obtain those instruments unless they are listed by the MEQ or the RAMQ. For information in this regard, contact the:

Direction générale de l'aide financière aux étudiants
Service des programmes spéciaux
1035, rue de la Chevrotière
Québec (Québec)
G1X 3G9
Tel. (418) 643-4633

2.5 ADULT EDUCATION

In certain regions, it would appear, teaching aids and human resources are available according to the needs of the visually impaired. Some teachers have found that visually impaired persons in the 21-45 year bracket submit almost no applications, so classes are not as numerous as they might be if adult interest and awareness were greater. Once these people acquire the conviction that they can get about autonomously -- with the help of a guide dog, for instance -- and make their needs better known, the school authorities will be more encouraged to provide better-trained teachers and a broader choice of courses. For the time being, basic schooling is provided in certain specialized schools, where registrations are not numerous. Few programs have been adapted for visually impaired persons 21 years of age or over who would like to begin or continue studies.

In the realm of adult education, the main problem facing the visually impaired is discrimination. Prejudice and ignorance give rise to other problems: not enough adequate teaching aids, methods which lack the personal touch, and so on. In the words of the study committee on the training of adults (p. 145 of its Report), it is time for society to recognize its responsibilities and correct the flagrant inequalities.

2.6 SCHOOL ESTABLISHMENTS

Among the teaching establishments which provide courses for people with impaired vision, are:

Montréal and Western Québec region

(Chambly Regional School Board)
L'École Nazareth et Louis-Braille
1255, rue Beauregard
Longueuil (Québec)
J4K 2M3
Tel. (514) 670-2951

Services: - elementary and secondary classes
- adaptation
- integration training periods in regular schools

Montréal

(Montréal Catholic School Commission)
Centre Champagnat (adult education)
5017, rue St-Hubert
Montréal (Québec)
H2J 2X9
Tel. (514) 843-4434

Services: school and socio-cultural training for disabled adults

N.B. Information on adult education can be obtained from the adult education service of the Montréal Catholic School Commission, at (514) 849-4792 (TTY/Visual Telephone).

École Saint-Enfant-Jésus
75, rue Villeneuve est
Montréal (Québec) H2T 1L1
Tel. (514) 849-9286

Services: elementary classes with integration into ordinary classes

Montreal Association for the Blind
7000, rue Sherbrooke ouest
Montréal (Québec) H4B 1R3
Tel. (514) 489-8201

Services:

Protestant School Board of Greater Montreal
6000, av. Fielding
Montréal (Québec) H3X 1T4
Tel. (514) 483-7200

Services:

Québec City region, and Eastern Québec

(Jean Talon Regional School Board)
École Saint-Charles
7954, 1ère Avenue
Charlesbourg (Québec)
G1H 2Y4
Tel. (418) 628-8021

Services: ordinary or special elementary classes for visually impaired persons and persons with multiple impairments; practical secondary classes followed by a training period

Polyvalente Charlesbourg
800, Place Sorbonne
Charlesbourg (Québec)
Tel. (418) 628-3510 extension 38

Services: secondary classes: 1 and 2: social integration
3 to 5: social integration with sighted persons

2.7 SERVICES IN SUPPORT OF INTEGRATION AT SCHOOL

Visually impaired persons can also avail themselves of educational support services provided by a number of organizations -- generally, the transcription into Braille, or the recording, of textbooks and class notes. In this regard, see chapter V for: the Canadian National Institute for the Blind (CNIB), the Institut Nazareth et Louis-Braille, La Magnétothèque, the Centre Louis-Hébert (Québec), the Service converto-braille Cypihot-Galarneau (Hull), the Montreal Association for the Blind (MAB) and the other rehabilitation centres.

The Direction générale des moyens d'enseignement, in the ministère de l'Éducation, produces useful documents for teachers with disabled students. These students, for instance, can apply to the Service des cours par correspondence to take language courses (French and English) on cassettes. The documents needed to follow the "Octopuce" introduction to computers given by the ministère de l'Éducation du Québec may be obtained in Braille at the Institut Nazareth et Louis-Braille (see the Guide).
Information may be obtained by contacting the
Service général des moyens d'enseignement
Ministère de l'Éducation
600, rue Fullum
Montréal (Québec)
H2K 4L1
Tel. (514) 873-3078

N.B. The Direction générale du développement pédagogique, in the ministère de l'Éducation, has published a few teaching guides:

- JACQUES, Jean. Le handicap visuel, Québec, ministère de l'Éducation, Direction générale du développement pédagogique, Direction de la formation générale, Service de l'adaptation scolaire, 1983, 46 pp. (pre-school)

- JACQUES, Jean. Le handicap visuel, Québec, ministère de l'Éducation, Direction générale du développement pédagogique, Direction de la formation générale, Service de l'adaptation scolaire, 1983, 51 pp. (elementary school)

Comment je vois et j'apprends, Québec, ministère de l'Éducation, Direction générale du développement pédagogique, Direction des programmes, Service de l'adaptation scolaire, November 1980, 46 pp.

2.8 THE TEACHING ESTABLISHMENTS -- SHORTCOMINGS AND REMEDIES

This section reviews the subjects developed in "A Policy Pertaining to the Reception of Visually Handicapped Students by Dawson College"* on improving learning conditions for disabled students at Dawson College. There is reason to believe that the situation described in this report is similar in Québec's comprehensive schools, its other colleges, and its universities.

2.9 ADAPTED EQUIPMENT

What visually impaired students, whether at Cegep or elsewhere, often miss the most is to be able to make use of special visual aids on site, such as closed-circuit TV. This is in addition to being able to use the devices loaned to them as part of the RAMQ Visual Aid Program. Among other things, such aids would make it possible for students to use the library instead of having to cart all their books home to read them. And how can a visually impaired student be expected to enroll in a course on word processing or computers, for instance, if there is no Braille printer or similar instrument suited to his or her needs?

---

* Report submitted in July 1979 by Messrs. Léo Bissonnette and Jan Zawilski

2.10 TEACHING METHODS AND MATERIAL -- THEIR ADAPTATION

For the student who has not foreseen another method of coping with them, blackboard notes can present a problem. One way of solving this problem, of course, would be to borrow a classmate's notes; another would be to ask the teacher to read the notes aloud as he or she writes them.

Visually impaired students should be able to receive their textbooks, handbooks and photocopies long ahead of time, so that they can record them. This presupposes the list of books for each course being ready well ahead of the session -- which is seldom the case. Sometimes the teachers must be approached.

Class demonstrations can be easier to cope with if the visually impaired student can handle the material before or after the demonstration, or place himself as close as possible to the demonstrator.

Sometimes a disabled student must be given verbal indications during the discussions, to describe the gestures made by other students.

2.11 CLASS WORK AND EXAMINATIONS

Deadlines can constitute a major factor in the assessment of class work and the correction of examinations. To allow for the fact that visually impaired persons sometimes read and write more slowly, the school must be able to change its requirements regarding, for instance, examinations in class or long-term work. Written examinations can be replaced by orals.

2.12 SUPPORT IN SCHOOL

There is an obvious need for support with respect to studying, writing and tutoring skills (mathematics, for instance). Indeed, it is thanks to this support that visually impaired students are able to give their best performance. Consequently, the staff of the student support services must be made more aware of the needs of visually impaired students, as must the teaching staff and the sighted students.

2.13 LIBRARY RESEARCH

Visually impaired students must, when necessary, be able to depend on a resource person to find the books they need in the library stacks. Loan periods may also have to be extended, especially to allow material to be transferred from one print form to another print form or medium, or to allow for slow reading.

2.14 ACCESS TO SCHOOL INFORMATION

Visually impaired students have no way of keeping abreast of school-related and other activities unless provision is made for greater access to information (announcements on the school radio, for example) or unless those students can make use of a functional aid to read the bulletin board.

2.15 LAYOUT OF THE PREMISES

It is often important for a visually impaired student to be able to become familiar with the layout of the premises of the school he or she will be attending.

Some general measures for accessibility could include: making sure classroom numbers are in large print, in relief, and placed beside the door frame at eye level; equipping elevators with large-figure indicators and Braille labels on the command buttons, or any other appropriate indication; improving stairways by installing ramps, and painting the steps in contrasting colours.

Schools should apply all these measures, but it is up to the visually impaired students to take the initiative in making their needs known to the teachers and other authorities.

CHAPTER III

3.0 ACCESS TO THE LABOUR MARKET

The best road to an independent life and to social integration is work. Every person is entitled to aspire toward a satisfactory job which will permit that person to develop fully and to earn sufficient income. Work, after all, is the principal occupation of most adults, and from it stems the enjoyment of a private home and interesting hobbies.

3.1 PLANNING A CAREER

Is it not far better, then, to prepare well ahead of time for a career which will contribute toward improving our lot in life, rather than to go about vainly knocking on doors which, because of incompetence on our part or ignorance or prejudice on the part of our employers, will refuse to open? This is all the more important as unemployment may well become an increasing problem among the disabled, who bear the additional burden of proving that they are just as qualified for a given job as anyone else.

3.1.1 Careers open to the visually impaired

The range of jobs available to visually impaired persons is almost as vast as that open to people with normal vision. There are limits, to be sure -- a visually impaired person will never be a bus driver or an airplane pilot -- but the fact remains that recent technological innovations and technical aids can now compensate in a large measure for impaired eyesight.

Access to new careers, however, still remains more theoretical than real. To get a job, it is not enough to have completed all sorts of studies and mastered the art of using adapted equipment. Unfortunately, the attitude displayed by employers and in the workplace often constitutes an obstacle far more difficult to overcome than any eyesight problem. A dynamic, positive attitude, and strong arguments can convince an employer of a disabled person's potential. Disabled persons are generally more motivated and stable on the job than most others in the work force.

Be that as it may, some of the measures in the Act to secure the handicapped in the exercise of their rights were necessary to promote access to the labour market for this category of citizens (see chapter on autonomy). It should be noted, inter alia, that the government invests money in adapting industrial instruments to the functional limitations of the disabled, and in acquiring new technical aids (see the first chapter on the OPHQ Visual Aid Program and the

OPHQ assistance program). Anyone, then, who truly seeks access to the labour market on an equal footing must make the maximum use of the instruments made available to him or her. So while there are still social obstacles to be overcome in the working world, visual impairment need no longer be a handicap.

3.1.2 General training and advanced schooling

Certainly one of the most important instruments in planning a career is education. In today's dog-eat-dog job hunt, the person with the best schooling obviously has the best chances.

The most advanced schooling, however, is no longer sufficient, for increasingly, the emphasis is being placed on all-round talent. What today's job-hunter needs is solid all-round training, to be able to tackle a multitude of activities. Maths is the subject of the future, as will be seen later, so it must be "crammed".

The Canadian National Institute for the Blind (CNIB) (see the Guide) hopes to offer a course for computer programmers, in collaboration with Québec's ministère de l'Éducation and Employment and Immigration Canada. And of course, it goes without saying that there is a whole series of courses available in the schools (see Chapter II on educational services).

3.1.3 Knowing the job outlook for 1990

Any visually impaired person who cares about his or her future and truly wishes to become integrated must keep abreast of the job situation and the labour market in general. Just like any citizen preparing for his future or seeking to improve his lot, a visually impaired person must be able to apply to the general manpower resources for available services. If unpleasant surprises are to be avoided, however, people should be well informed before taking on a new career.

The information which follows, on jobs in the future, is taken from the Journal du Travail for March 1984. This publication comes from the Direction des communications in the ministère de la Main-d'oeuvre et de la Sécurité du revenu. It may be obtained free of charge by writing to the

Service des opérations
Direction des communications
Ministère de la Main-d'oeuvre et de la Sécurité du revenu
425, Saint-Amable, 1er étage
Québec (Québec)
G1R 4Z1

The sectors noted below are in full expansion, and thus the safest bets in terms of jobs in the future. There are a number of sectors which we choose to ignore, however, because

our source, mentioned above, tells us they provide no guarantee of work, or are declining. We do, however, encourage everyone who is interested in a specific sector to do his or her own research into the possibilities of obtaining a job in that sector in the future.

3.1.4 Engineering

Among the sectors which guarantee employment in the medium or the short term, engineering stands at the top of the list. Chemical, industrial, physical, geological, mechanical and electrical engineers should have no problems finding jobs in the coming decades. Then there are the new specialities: anyone who can master nuclear, biomedical, biochemical, petroleum, hydraulic, aerospace, oceanographic and urban engineering is assured of employment. Engineering managers and designers will also be greatly in demand.

3.1.5 Micro-electronics and data-processing

A shortage of 40 000 people in the computer field is forecast for 1990. There are not enough software specialists. Training at university level is given along three lines: computer engineering (computer functions and language), applied computer engineering (designing computer systems), and electronic engineering (microprocessors and communications). At college level, future technicians should learn industrial electronics, telecommunications and microprocessors. As a rule, masters' degrees and doctorates lead to jobs in university teaching or research.

3.1.6 Biotechnology

Here is an area in which Canada and Québec have much catching up to do. Consequently, well-paid jobs should become quickly available in the pharamaceutical and pulp and paper industries, in agriculture and in forestry. Systems and methods engineering is a brand new field which involves precise designing applicable to biotechnological techniques. College graduates in natural science and industrial chemistry and in mineral and paper technology will have no difficulty finding jobs.

3.1.7 Physics

With training in a number of disciplines, physical engineers will find openings in nuclear medicine, in computers, in metallurgy, in geography, and in research centres, whether governmental or industrial. University options are: acoustic physics, optics, magnetics, atomic and nuclear physics, geophysics and biophysics. At the college level, the best-paid technologies are physical and biological; these also offer the best openings.

3.1.8 Agribusiness

Agronomy is fast becoming a peak sector with a good future. A great many highly-paid jobs are available in the African countries. And all university options are promising: bioagronomy, rural engineering, agroeconomics, food science and the consumer counselling program. For Cegep graduates, the placement rate varies between 70% and 100% for those in such programs as farm operation, fruit and vegetable gardening, dairy zootechnology, public health, food technology, agricultural hydraulics, farm machinery and landscape gardening.

3.1.9 Aeronautics, telecommunications, the sea

Aeronautical engineers are in style. Universities are making available a program of mechanical engineering with an aeronautics option, while Cegeps are providing courses in aircraft-related technology. A graduate in air traffic control (from the collège Saint-Jean-sur-le-Richelieu) is almost automatically assured of a job.

There are far from enough technicians in electronics and in computer science (telecommunications). It is estimated that 400 people will be hired each month over the next five years. The teaching institutions also are increasing enrolments in this regard. The transportation sector needs engineers, especially engineers specialized in systems and instrumentation. Transport-related techniques are being taught at the college level.

Ten years from now, the most popular course will be marine mechanical engineering. Navigation officers and ship's captains can look forward to an interesting future.

3.1.10 Health

The population is aging, which means that the health sector can promise much. You will have no unemployment worries if you are a physician (a dermatologist, urologist or ophthalmologist), a dentist, a pharmacist, a chiropractor, a podiatrist, dietician, physiotherapist, speech therapist or occupational therapist. There will also be plenty of work for veterinarians.

Denturists will always find work, as will dental hygienists and dispensing opticians, although medical technicians and X-ray technicians will face budget cuts in the hospital centres. Nursing sciences are to be avoided.

3.1.11 The environment

Environment-related college courses are supersaturated. Specialists, however, like sanitary engineers, mechanical engineers and the like will always find work. There will be jobs for land surveyors and forest engineers but, in remote areas, Québec also has a shortage of town planners.

3.1.12 Administration

Unemployment will not be rampant among accountants and managers. For those with doctorates, university teaching posts will be available. Nor will unemployment affect actuaries or chartered appraisers; but there is a glut of management technicians.

3.2 LOOKING FOR A JOB

We saw at the beginning of this chapter that, for the visually impaired, getting a job is an essential step toward social integration. From this point of view, then, the job hunt takes on considerable importance, and no time is lost by taking one's time over it. The hunt for a job often becomes a full-time "job" in itself.

In this section, it will be assumed that all the prior conditions for the job hunt have been fulfilled: that the visually impaired person has completed the studies that will allow him to work competently in some expanding sector, and that he or she has mastered the use of various technical aids necessary to communication (reading, writing, and so on) and to other daily activities. This section, then, is for all those who will soon be on the work market or are finding trouble entering that market.

3.2.1 Special job-hunting services

Let us look first of all at the specialized services available to visually impaired persons looking for jobs. These services can be highly useful for anyone who lacks the knowledge and the means necessary to confront the labour market alone. The Canadian National Institute for the Blind (CNIB) (see the Guide) has a job-hunting program where, among other things, visually impaired persons can learn about acquiring self-confidence, applying for a job, interview techniques, filling out a curriculum vitae... in other words, everything they need to know in looking for a job. The CNIB also offers employers a service for consultation and appraisal of candidates. Another organization, L'Étape la Bourgade Inc., provides individual counselling service, and assistance in job-hunting (see the Guide).

3.2.2 General job-hunting services

Nevertheless, unless a disabled person lacks the necessary qualifications, unless his or her degree of autonomy is limited, and unless that person has special needs when it comes to hunting for a job, that person has the right to apply to the nearest regional public manpower services. All the resources available to the general public, then, are equally available to the visually impaired: resources of both the Canada and the Québe manpower centres, visits to employers, newspapers, radio and others.

In this regard, we would be remiss in not emphasizing the importance of the printed word as a means of transmitting all sorts of information on the labour market. A person who is incapable of reading print (see the chapter on autonomy) can obtain one of the following works on cassette from La Magnétothèque (see the Guide):

- ZAWILSKI, Jan, BISSONNETTE, Léo, A Guide to Better Living for the Visually Impaired

- BOLLES, Richard, Chercheurs d'emploi, n'oubliez pas votre parachute, Guy Saint-Jean Éditeur Inc. et Sylvie Messinger Éditrice, 1984.

3.3 THE HIRING PROGRAM OF THE OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC (OPHQ)

In the Act to secure the handicapped in the exercise of their rights there is a section, in force since January 1, 1983, which requires all employers with 50 or more employees to actively help professional integration of disabled employees by preparing a plan which will ensure that some such employees are hired. With this legal requirement, access to the labour market should be made easier for the handicapped.

The hiring program lists the various types of obstacles which can be found in any firm, and the means which an employer can take to overcome them. Employers are sent a questionnaire, which they are asked to fill out, with a description of the present state of the premises, and a project for making them more accessible to the disabled.

3.4 ADAPTED WORK CENTRES (CTA)

Special work centres exist for disabled persons who cannot integrate the work force. A person who is not competitively productive right now but shows potential may find a job in an adapted work centre, for remuneration equal to the minimum wage or more. That person will get so much more satisfaction from being in a work environment (industry, services, business) and from his or her name not being on the list of social aid recipients.

3.4.1 Getting hired in a CTA

There are about 40 such centres in Québec, hiring some 1 350 persons with all categories of impairments. A person who wants a job in one of them must first apply to work there or in a Travail-Québec centre. An admissions committee will determine whether the applicant is handicapped within the meaning of the Act, and whether or not that person is capable of working in ordinary surroundings.

About ten of these centres are in the Montréal region, and about five in the Québec City region. Goods and services range all the way from furniture manufacturing to the recycling of paper, cardboard, fabric and glass.

A list of the adapted work centres can be obtained at the Office des personnes handicapées du Québec, 309, rue Brock, Drummondville (Québec) J2B 1C5, Tel. (819) 477-7100 or, toll free, 1-800-567-1465. Information can also be obtained at your nearest Travail-Québec centre.

Worth noting is the fact that the CNIB (see the Guide) refers visually impaired persons to the Atelier Abaco Inc. adapted work centre in Montréal (1261 Shearer, 7th floor, Tel. (514) 933-1101) and the Pirvir Inc. centre in Québec City (430 Aleganis, Beauport (Québec), Tel. (418) 661-1338. The Services de cafétéria Servibec ((514) 849-7567), while not in itself an adapted work centre, encourages the hiring of visually impaired persons.

3.5 WORKING EXPERIENCE

Given the cutthroat competition in today's labour force, it goes without saying that, all things being equal, the most experienced people have the best chance of getting a job. For this reason, it is essential to avail oneself of every possible opportunity of gaining experience even if the work is not always remunerated. Such opportunities can be found in volunteer or community work, and training periods in private firms. This is one way of becoming familiar with a work environment while gaining experience which will be of valuable assistance in finding a paid job.

Government programs, too, make it possible for disabled persons to acquire vocational training or working experience. Information along these lines can be obtained from the federal or provincial manpower centres.

And to compensate for the shortcomings in this area, the Office des personnes handicapées du Québec administers a program on contracts for job integration.

3.6 CONCLUSION

A visually impaired person looking for a job must get educated as quickly as possible, follow a vocational training program suited to today's market, then "put on the armour of patience" and start knocking on doors. A visually impaired person who can sell his talents, and not act like a beggar while doing so, can give a prospective employer a whole new set of ideas.

CHAPTER IV

4.0 LEISURE

4.1 THE IMPORTANCE OF LEISURE

Between a quarter and a third of our time (not including weekends) is spent enjoying leisure. Obviously, then, this aspect of our lives is one not to be neglected. While work is not always personally enriching, leisure time should provide an opportunity to develop, and to broaden our horizons, since as a rule we can select our own such activities.

4.2 SELECTING LEISURE ACTIVITIES

While disabled people are restricted as to the choice of their activities, they still have their own interests, and have every right to attempt to cultivate those interests. If we like some specific activity, then, we should take it up, provided, of course, it is not dangerous, either for ourselves or for the other people involved.

The range of activities available to the visually impaired is almost as vast as that which can be engaged in by sighted people. Indeed, visual impairment should not be a constraining factor, unless it truly constitutes an obstacle to the enjoyment of some specific activity. Automobile racing, of course, is out of the question, but then there are some sports which sighted people cannot take part in either.

4.2.1 Adapted games

Most parlour games come ready-adapted to people with a visual impairment; it is not unusual, therefore, to see a visually impaired person playing chess, cards, mastermind or scrabble with a sighted person.

4.2.2 Other pastimes

Visually impaired people can also take up such activities as gardening, and arts and crafts. And when it comes to sports and physical activities, the choice is almost endless: physical education, dancing, swimming, downhill or cross-country skiing, jogging, walking (with a guide dog) and others.

4.2.3 Activities with sighted people

For a visually impaired person to engage in certain group activities with sighted people can require a certain adaptation, but the result can be enriching for all concerned. If, as an example, some visually impaired persons are to join in a game of volleyball, the rules of the game might have to be changed a bit: perhaps by allowing the players not to hit the ball until after it has bounced once.

4.3 RECREATIONAL ORGANIZATIONS

Some service organizations arrange leisure activities, although the range provided by recreational associations is generally much vaster, and includes activities which are recreational (dances, trips), sporting (bowling, hockey, swimming) and cultural (concerts, theatrical performances). See listing in Chapter V.

4.4 LEISURE ACTIVITIES: INTEGRATED OR SEPARATE?

There are some activities in which both sighted people (aside from friends and guides) and visually impaired persons can join, although integration into leisure activities available to the public is not generally encouraged. Stress is laid rather on the safety of the visually impaired participants. While it is perhaps true that a sport such as hockey is less dangerous when played by people with a common impairment, in many cases the risks do not justify this attitude.

If the visually impaired rely only on their own recreational associations, they may well create their own ghetto and cut down their chances of making new friends.

On the other hand, if they apply to join the same groups and clubs as sighted persons, visually impaired persons will be on the same level as those persons when it comes to enjoying personal relationships and the considerable range of activities available. Naturally this attitude requires a degree of daring: sighted persons must be made aware of the position of the visually disabled. What must be understood is that integration is not a one-way street. Sighted persons must interact with visually impaired persons and, if the latter want to be accepted, they must take the first step.

N.B. Health and Welfare Canada is contemplating the publication of folders on such subjects as grooming and personal hygiene, communication, accessibility in general, and recreation and leisure. These will be both for the disabled and for the elderly. Further information can be obtained from

Independent Living
Public Affairs Branch
Health and Welfare Canada
Ottawa (Ontario)
K1A 1B5

4.5 PUBLICATIONS ON LEISURE

A number of works have been published on recreation for the visually impaired, many of them in English. Some have been transcribed into Braille or recorded. For information, contact the Canadian National Institute for the Blind, 1931 Bayview Avenue, Toronto (Ontario), M4G 4C8; Tel. (416) 486-2636.

4.5.1 Books

La Magnétothèque has recorded books on the subject:

- OPHQ, International Year of Disabled Persons, 1981
  Book 7: Recreation, Travel and Sports:
  Making Them Accessible
- OPHQ, International Year of Disabled Persons, 1981
  Book 8: Access to Culture and the Arts

More complete information can be obtained from the Guide in Chapter V.

CHAPTER V

5.0 GUIDE TO ORGANIZATIONS

This chapter is in the form of an alphabetical guide to all Québec organizations working for visually impaired persons, whether by promoting their interests, providing services or organizing leisure activities. At the beginning there is an alphabetical index for each category of organizations, listing alongside or beneath the name of each organization its telephone number and the number of the page in the Guide on which it is found. Since some of these organizations have a two-fold function, their names will be found in two of the indexes.

This list of resources has been prepared as much for persons who are visually impaired as for those who work with them and support them in one way or another.

Promotional organizations are groups which deal primarily with defending the rights of visually impaired persons and promoting their interests.

Some of these organizations also provide services, and others organize leisure activities, but the real reason for the existence of all of them is to advance the cause of the visually impaired.

Service organizations provide what are considered essential services: converting printed material into Braille or cassettes, adaptation and rehabilitation, distribution of functional aids, help in the job hunt, and so on.

Recreational organizations arrange recreational and cultural activities for diversion: dances, excursions, outings, games, and the like.

As a rule, promotional and recreational organizations are administered by their own visually impaired members, whereas service organizations are often separate from their members.

The following are listed, for each organization:

1. its nature (promotion, services, recreation)
2. its name (e.g. La Magnétothèque)
3. its address
4. its telephone number(s)
5. its users, and those who are qualified to use it
6. the region(s) it covers
7. the costs entailed, where applicable (mainly for leisure and some services)
8. the services or activities available.

5.1 ALPHABETICAL INDEX TO PROMOTIONAL ORGANIZATIONS

page

Association des aveugles de la rive sud
(514) 651-8127 55

Association des handicapés visuels de la région 02 Inc.
(418) 662-2714 56

Association des handicapés visuels de l'Estrie Inc.
(819) 566-4848 57

Association éducative et récréative des aveugles
(AERA) (819) 375-3980 58

Association québécoise de loisir pour personnes handicapées
(AQLPH) (514) 374-4700, extension 473 ou 474 59

Association québécoise des parents d'enfants handicapés
visuels (AQPEHV) (514) 849-8729 60

Canadian Council of the Blind (Québec Division)
(819) 843-6192 65

Canadian Sports Association for the Blind
(418) 683-9069 67

Kéroul (514) 374-4700, extension 332 82

Office des personnes handicapées du Québec* (OPHQ)
1-800-567-1465 (toll free)
(819) 477-7100 (Drummondville) 85

Quebec Federation of the Blind
(514) 484-9232 90

Regroupement des aveugles et amblyopes du Québec (RAAQ)
(514) 849-7515 92

Table de concertation des organismes provinciaux de promotion
(TACOPP) (514) 284-2040, extension 32 96

---

* The OPHQ is not a promotional organization as such but, being a government body, it is included in this list by reason of its principal function: to promote the interests of the disabled.

5.2 ALPHABETICAL INDEX TO SERVICE ORGANIZATIONS

	page
Audiothèque pour personnes handicapées de l'imprimé du Québec (418) 529-8911	
Answering system: (418) 648-8244	61
Bell Canada, Telecommunication Centre for Special Needs (Disabilities) (514) 932-2232 1-800-361-8412 (toll free)	62
Bibliothèque municipale de Trois-Rivières (819) 374-3526	63
Le bon pilote (514) 526-8145	64
Canadian National Institute for the Blind (CNIB) (514) 284-2040 (Montréal) (418) 529-9224 (Québec)	66
Centre d'entraînement à la vie (418) 549-4003 (418) 543-0790 (educational assistance)	69
Centre des services sociaux du Montréal métropolitain (CSSMM) Service aux handicapés visuels (514) 253-0600	70
Centre Louis-Hébert Inc. (418) 687-3470	71
Centre Travail-Québec de Montréal métropolitain Direction générale (514) 873-2881	73
Étape la Bourgade Inc. (L') (514) 285-8841	76
Fondation canadienne de la rétinite pigmentaire (514) 933-4396	77
Fondation Mira (514) 795-3275	78
Fondation Tobie Inc. (514) 436-4959	79
Foyer Rousselot (Le) (514) 254-9421	80
Institut Nazareth et Louis-Braille (514) 463-1710 (Montréal) 1-800-361-7063 (toll free)	81

ALPHABETICAL INDEX TO SERVICE ORGANIZATIONS (cont'd)

page

La Magnétothèque (514) 524-6831
1-800-361-0635 (toll free) 83
Montreal Association for the Blind (MAB)
(514) 489-8201 84
Office des personnes handicapées du Québec (OPHQ)
(819) 477-7100 (Drummondville) 85
Parrainage civique de l'Est de l'Île de Montréal Inc.
(514) 254-1668 1-800-567-1465 (toll free) 86
Parrainage civique de Montréal (514) 843-8813 87
Parrainage civique de la banlieue ouest (514) 694-5850 88
Quebec Diabetes Association Inc.
(514) 879-1191 89
Québec Téléphone, "Centre de références pour les personnes handicapées" (418) 722-5748 (collect calls accepted) 91
Ressourse (La) (819) 777-6261 94
Service converto-braille Cypihot-Galarneau
(819) 770-2825 95
Villa Dufresne (819) 567-8411 97

5.3 ALPHABETICAL INDEX TO RECREATIONAL ORGANIZATIONS

page

Association des aveugles de la rive sud
(514) 651-8127 55

Association des handicapés visuels de la région 02 Inc.
(418) 662-2714 56

Association éducative et récréative des aveugles (AERA)
(819) 375-3980 58

Association québécoise de loisir pour personnes handicapées
(AQLPH) (514) 374-4700, extension 473 or 474 59

Canadian Council of the Blind (Québec Division)
(819) 843-6192 65

Canadian Sports Association for the Blind
(418) 683-9069 67

Centre culturel, éducatif et social Sons et Lumières Inc.
(514) 727-3537 68

Centre social Louis-Braille Inc. (418) 522-1143 72

Cercle des handicapés visuels Ville-Marie
(514) 334-3039 74

Club Saint-Laurent des aveugles de Montréal
(514) 273-3510 75

Fondation Tobie Inc. (514) 436-4959 79

Kéroul (514) 374-4700, extension 332 82

Quebec Federation of the Blind
(514) 484-9232 90

Regroupement des aveugles du Québec
(418) 627-0304 92

Promotion and recreation ASSOCIATION DES AVEUGLES DE LA RIVE SUD 2261, rue Delorimier Longueuil (Québec) J4K 3P2 Tel. (514) 651-8127	Users: Visually impaired persons at least eighteen years of age, living on the Montréal south shore Members pay an annual contribution of $3. Costs of some activities are shared. Region: Montréal south shore

ACTIVITIES OR SERVICES: These vary from one year to the next, because they are chosen by the members. Activities are many, and cover the educational, cultural, social and recreational areas (crafts courses, musical evenings, card games, etc.)

Promotion and recreation ASSOCIATION DES HANDICAPÉS VISUELS DE LA RÉGION 02 INC. 2200, Chemin des Sentiers verts C.P. 157 Alma, Lac St-Jean (Québec) G8B 5V6 Tel. (418) 662-2714	USERS: Anyone who presents a card, signed by an opthalmologist, attesting to the state of his or her eyesight REGION: 02 (Saguenay-Lac Saint-Jean, Chibougamau)

ACTIVITIES OR SERVICES: This association provides financial and technical support, information and guidance for the visually impaired, and helps defends their rights. Physically disabled persons can enjoy a whole range of adapted activities at the temporary outdoor centre.

Promotion ASSOCIATION DES HANDICAPÉS VISUELS DE L'ESTRIE INC. 18, rue Wellington nord Sherbrooke (Québec) J1H 5B7 Tel. (819) 566-4848	USERS: Visually impaired persons; membership fee: $2. REGION: 05 (Sherbrooke, Mégantic, etc.)

ACTIVITIES OR SERVICES: Information on resources available in the region and in Québec generally. Some projects are subsidized, such as the recording of a newsletter and the training of volunteer guides. Information is recorded on cassettes regarding rehabilitation centres, the Office des personnes handicapées du Québec, etc. Promotion of the interests of the disabled (more pocket money for those at the reception centre, etc.).

Promotion and recreation ASSOCIATION ÉDUCATIVE ET RÉCRÉATIVE DES AVEUGLES (AERA) C.P. 1482 Trois-Rivières (Québec) G9A 5L6 Tel. (819) 375-3980	USERS: Visually impaired persons. All members pay an annual fee. REGION: Trois-Rivières and suburbs

ACTIVITIES OR SERVICES: Various recreational activities; information on regional and other resources.

Promotion and recreation ASSOCIATION QUÉBÉCOISE DE LOISIR POUR PERSONNES HANDICAPÉES (AQLPH) 1415, rue Jarry est Montréal (Québec) H2E 2Z7 Tel. (514) 374-4700, extension 473 or 474	USERS: Disabled people generally. REGION: All of Québec

ACTIVITIES OR SERVICES: This organization groups all regional associations providing recreation for disabled persons (all categories), and promotes recreation for the disabled. It enables the visually impaired to practise such activities as cross-country skiing. It also publishes a newsletter entitled "HABILETÉS LOISIRS".

Promotion ASSOCIATION QUÉBÉCOISE DES PARENTS D'ENFANTS HANDICAPÉS VISUELS (AQPEHV) Montréal (Québec) H2L 4G9 Tel. (514) 849-8729 (provincial secretariat)	USERS: Parents of visually impaired children in Québec are active members. Persons and organizations aiding parents are supporting members. Non-members pay a $5 subscription. A membership card costs $2 for parents and $15 for supporting members.
	REGION: All of Québec

ACTIVITIES OR SERVICES:

- Newsletter (six times a year)
- informative meetings
- consultations with parents
- defence of the rights of visually impaired children and of their parents

Services	USERS: Persons who have trouble reading printed texts
AUDIOTHÈQUE POUR PERSONNES HANDICAPÉES DE L'IMPRIMÉ DU QUÉBEC 804, Côte d'Abraham Québec (Québec) G1R 1A3 Tel.(418) 529-8911 (head office) 648-8244 (answering system)	REGION: Québec City and surrounding area

ACTIVITIES OR SERVICES:
- replacing the written press
- information evenings
- first aid classes
- personalized information service
- telephone answering system (day and night), with messages on specific subjects...

  Monday: job offers
  Tuesday: miscellaneous
  Thursday: consumer activities
  Friday: socio-cultural activities

Service	USERS: Visually impaired persons whose impairment is certified. Telephone assistance service is provided free of charge. Special equipment at various prices.
BELL CANADA, TELECOMMUNICATION CENTRE FOR SPECIAL NEEDS (DISABILITIES) Alexis Nihon Plaza 1500, av. Atwater, altitude 3 Montréal (Québec) H3Z 1X5 From outside: 1-800-361-8412 (toll free)	REGION: Territory generally served by Bell Canada

ACTIVITIES OR SERVICES: Bell Canada provides services for all disabled persons who have trouble using the telephone. Here is how you can proceed: If you need help in dialing a number, dial 0 and tell the operator the number you want. He or she will dial it for you if you say "this is a special call". If you are in an emergency situation, say "This is an urgent special call". You can obtain free directory assistance (411) by applying to the local business office which will require that you produce a certificate from a health professional. People calling from the outside can apply for an exemption card, valid for two years throughout the territory served by Bell Canada. Long distance calls from home can also be made by the operator (at the same rate), provided the handicapped person mentions that the call is a "special" one. For outside long distance calls, a long-distance calling card can be obtained from the local business office. Information on special equipment -- large dials ($1), automatic dialing, adapted multiline phones (intactel) and special consoles -- can be obtained at the above numbers.

Services	USERS: Elderly people, with difficulty reading the printed word.
BIBLIOTHÈQUE MUNICIPALE DE TROIS-RIVIÈRES Place de l'Hôtel de Ville C.P. 1713 Trois-Rivières (Québec) G9A 5L9 Tel. (819) 374-3526	REGION: Trois-Rivières

ACTIVITIES OR SERVICES: Some 200 books on tape, primarily "escape literature", made available for the visually impaired.

Services	USERS: Visually impaired persons referred by the CNIB (see under this name)
LE BON PILOTE INC. 4358, rue Boyer Montréal (Québec) H2J 3E1 Tel. (514) 526-8145	REGION: Greater Montréal

ACTIVITIES OR SERVICES: This organization is unique. It can provide the visually impaired with volunteer guides to accompany them when they go out; with reliable persons to read mail and answer letters, do various sewing work, help find an apartment, generally help them out (with some back-up from a social worker from a CLSC or a CSS), do housework, etc.

Promotion and recreation CANADIAN COUNCIL OF THE BLIND (QUÉBEC DIVISION) 1175, Champlain, app. 101 Magog (Québec) J1X 5C1 Tel. (819) 843-6192	USERS: Visually impaired persons registered with the CNIB or holding a certificate from a health professional. Annual membership fee: $1 to $3
	REGION: All of Québec

ACTIVITIES OR SERVICES: Bowling, cross-country skiing, etc. Promotion of functional aids, and information service. Costs for certain activities (shared for the most part by the club).

Services	USERS: Visually impaired persons who hold a certificate from a health professional.
CANADIAN NATIONAL INSTITUTE FOR THE BLIND (CNIB) 1010, rue Sainte-Catherine est bureau 420 Montréal (Québec) H2L 2G3 Tel. (514) 284-2040 Québec City office (418) 529-9224	REGION: Montréal and Western Québec: Montréal office Québec City and Eastern Québec: Québec City office (269, rue de la Couronne, Québec (Québec) G1K 6C9)

ACTIVITIES OR SERVICES: Manpower centre (placement and consultation) for visually impaired persons; library of cassette-books; volunteer service; prevention of blindness; services to users (sale of certain appliances not provided by the Visual Aid Program (watches, etc.), social services not provided by the CSSMM, transcription of music into Braille. The Québec City office offers more or less the same services as that of Montréal: manpower centre, services to users, prevention, social services (integrated into the CSS network).

The CNIB refers candidates able to work autonomously despite a visual impairment to the following non-profit organizations (adapted work centres): Atelier Abaco Inc. (Montréal) 1261 Shearer, 7e étage, Pointe Saint-Charles, H3K 3E5, (514) 933-1101; Pirvir Inc. (Québec City) 430 Aleganis, Beauport (Québec) G1C 5T4, (418) 661-1338. In Montréal, Servibec (cafeteria) promotes the employment of the visually impaired (849-7567).

5.4 REFERENCE SHEETS

Promotion and recreation CANADIAN SPORTS ASSOCIATION FOR THE BLIND 8, rue Marie de l'Incarnation App. 101 Québec (Qc) G1M 1A8 Tel. (418) 683-9069	Users: Visually impaired REGION: Québec City

ACTIVITIES OR SERVICES: Athletics, hockey, goalball, etc.

Recreation CENTRE CULTUREL, ÉDUCATIF ET SOCIAL SONS ET LUMIÈRES INC. 5777, rue d'Iberville Montréal (Québec) Tel. (514) 727-3537	USERS: Visually impaired persons REGION: Greater Montréal

ACTIVITIES OR SERVICES: - Human relations classes, arts and crafts, classes in "ham" radio and relaxation, bingo, cribbage, etc.

Services	USERS: The visually impaired
CENTRE D'ENTRAÎNEMENT À LA VIE 766, rue du Cénacle Chicoutimi (Québec) G7H 2J2 Tel. (418) 549-4003 (418) 543-0790 (educational assistance)	REGION: 02 (Saguenay, Lac Saint-Jean, Chibougamau)

ACTIVITIES OR SERVICES: This regional organization is a rehabilitation centre. It administers the functional aid program set up by the Régie de l'assurance-maladie du Québec (see reference to this program in the first chapter). Its services include: assessment of low vision, training for independent living, orientation and mobility, optometry, placement, lessons on use of mechanical, electronic and optical aids, workshops for learning jobs, educational assistance, etc.

Services CENTRE DES SERVICES SOCIAUX DU MONTRÉAL MÉTROPOLITAIN (CSSMM) Service aux handicapés visuels 5199, rue Sherbrooke est Montréal (Québec) H1T 3X3 Tel. (514) 253-0600	USERS: Anyone who is totally or partially blind, whether recognized by the law or not, may use this service for the visually impaired. REGION: Greater Montréal, including Laval

ACTIVITIES OR SERVICES: The centre provides information, consultation and psychosocial rehabilitation services. Five social workers are at the disposal of the visually impaired, and give them the information they need, directing them to the appropriate organizations where necessary.

Services	USERS: Persons visually impaired, according to the Régie de l'assurance-maladie du Québec.
CENTRE LOUIS-HÉBERT INC. 1270, chemin Ste-Foy, 4e étage Sainte-Foy (Québec) G1S 2M4 Tel. (418) 687-3470	REGION: The Eastern Québec "supra-region": Bas Saint-Laurent, Gaspésie, Saguenay-Lac Saint-Jean, Québec City, Trois-Rivières, Côte Nord

ACTIVITIES OR SERVICES: This centre is a supraregional organization within the social affairs network. It administers the Visual Aid Program (see chapter I) and provides adaptation services for the elderly as well as a whole series of rehabilitation services: activities related to independent living, to orientation and mobility, vocational and school guidance services, assessment of low vision and support for the family and for child development.

Recreation CENTRE SOCIAL LOUIS-BRAILLE INC. C.P. 456 Limoilou (Québec) G1L 4W3 Tel. (418) 522-1143	USERS: Visually impaired persons employed by the CNIB or holding a certificate from an ophthalmologist. REGION: All of Québec COST OF ACTIVITIES: Annual membership fee: for persons from outside Québec : $2 for persons from Québec alone: $2; with guide: $4

ACTIVITIES OR SERVICES:- Dances, bowling, corn husking, etc.
- Canes, watches or alarm clocks provided when necessary.

Services	USERS: visually impaired persons under 16 years of age ready to work
CENTRE TRAVAIL-QUÉBEC DE MONTRÉAL MÉTROPOLITAIN DIRECTION RÉGIONALE 6161, rue St-Denis, bureau 11 Montréal (Québec) H2S 2R5 Tel. (514) 873-2881	REGION: Greater Montréal

ACTIVITIES OR SERVICES: Placement

Recreation
CERCLE DES HANDICAPÉS VISUELS
VILLE-MARIE
1695, de Salaberry
Montréal (Québec)
H3M 1K3
Tel. (514) 334-3039

USERS: Visually impaired persons registered with the CNIB or holding a medical certificate
MEMBERSHIP FEE: $3 per year

REGION: Greater Montréal

ACTIVITIES OR SERVICES: This group organizes recreational and sports activities for the visually impaired in the Greater Montréal region. Typical activities: cross-country skiing, pétanque, cribbage. Also cultural activities, classes in dancing, relaxation, human relations and other subjects. Some activities involve costs.

Recreation
CLUB ST-LAURENT DES AVEUGLES
DE MONTRÉAL
7059, rue Drolet
Montréal (Québec)
H2S 2T4
Tel. (514) 273-3510

USERS: Visually impaired persons registered with the CNIB or holding a medical certificate.
Membership fee: $3 per year

REGION: Greater Montréal

ACTIVITIES OR SERVICES: This recreational club provides its members with cultural activities and a few games and sports. Activities include excursions, bingo, bowling, pétanque, swimming, hockey, dancing, theatre, concerts, information sessions, etc. The organized activities entail a certain cost. Members receive a monthly newsletter.

Services	USERS: Any hearing impaired or visually impaired person looking for work or trying to change jobs, who holds a certificate from a professional.
L'ÉTAPE LA BOURGADE INC. 510, rue Sherbrooke est H2L 1K1 Tel. (514) 285-8841	REGION: Greater Montréal

ACTIVITIES OR SERVICES: This organization attempts to encourage persons who are physically handicapped, hearing impaired or visually impaired to join the work force. Placement service; individual counselling; help in job-hunting.
N.B. Appointments must be made in advance.

Services	USERS: Québec ophthalmologists
FONDATION CANADIENNE DE LA RÉTINITE PIGMENTAIRE C.P. 368 Côte-St-Luc (Québec) H4V 2Y5 Tel. (514) 933-4396	REGION: All of Québec

ACTIVITIES OR SERVICES: - Fund-raising for those looking for a treatment for pigmentary retinitis, and for non-medical help for persons with this ailment.

- Newsletters
- Genetic centre
- List of ophthalmologists

Services	USERS: Visually impaired persons who wish to acquire a French-trained guide dog.
FONDATION MIRA 1820, rang Nord-Ouest Ste-Madeleine (Québec) J0H 1S0 Tel. (514) 795-3275	REGION: All of Québec

ACTIVITIES OR SERVICES:

- Introductory lessons on using a dog
- Services of an instructor from the Institut Nazareth et Louis-Braille
- Acquisition of a dog (free)
- Accommodation at the Institut Nazareth et Louis-Braille (see under that name)
- Training guide dogs to obey orders given in French

Services and recreation FONDATION TOBIE INC. C.P. 361 Saint-Jérôme (Québec) J7Z 5V2 Tel. (514) 436-4959	USERS: Visually impaired persons who hold a certificate from a health professional
	REGION: Laurentides-Lanaudière for transcription into Braille Laurentides for other services.

ACTIVITIES OR SERVICES: Manual transcription of various documents into Braille; transport by minibus; fund-raising; recreational and cultural activities (pétanque, croquet, theatre, etc.)

N.B. All services are free, although some of the cost of optical prostheses must be paid.

Home for ladies LE FOYER ROUSSELOT 5655, rue Sherbrooke est Montréal (Québec) H1N 1A4 Tel. (514) 254-9421	USERS: Anyone seeking admission must be incapable of coping at home and must hold a certificate from an ophthalmologist (requirements of the MAS). REGION: Elderly ladies from any region of Québec who meet the above standards may apply for admission.

ACTIVITIES OR SERVICES: This reception centre for visually impaired elderly ladies is subsidized by the ministère des Affaires sociales. Ladies who are admitted here must be as autonomous as possible; each has her own room. This home is adapted: it has ramps, elevator buttons in relief, sound signals, and so on. As in any reception centre, the cost of monthly board is based on each resident's own budget. Some services are "extras" -- linen, for instance.

Services	USERS: Visually impaired persons (visual acuity: 6/21 or less; visual field: 60° or less).
INSTITUT NAZARETH ET LOUIS-BRAILLE 1255, rue Beauregard Longueuil (Québec) J4K 2M3 Tel. (514) 463-1710 From outside: 1-800-361-7063 (toll free)	REGION: Montréal South Shore; Greater Montréal and Western Québec

ACTIVITIES OR SERVICES: Administrator of the functional aid program. The purpose of this program is to distribute mechanical, electronic and optical aids to visually impaired persons 35 years of age or less. Aids to mobility (canes, guide dogs) are free for people of all ages. There is a day rehabilitation centre for very young children (0 to 5 years); a home for the adaptation and rehabilitation of visually impaired persons from 6 to 21 years of age; short-term accommodation for persons who want intensive training with visual aids; a psycho-social support service (social worker and psychologist);
a French library with over 10 500 titles in Braille and over 3 100 books on tape; sale of items used by visually impaired persons. A work and study service to integrate persons into schools or into the work force; a low-vision service (assessment of remaining eyesight and prescription of appropriate aids). Services for adaptation to daily living, for orientation and for mobility -- Initiation to work, for adults with multiple disabilities.

Promotion and recreation KÉROUL 1415, rue Jarry est Montréal (Québec) H2E 2Z7 Tel. (514) 374-4700, extension 332	USERS: Visually impaired persons Annual dues -- Members: $2 Member organizations: $25 REGION: All of Québec

ACTIVITIES OR SERVICES: Tourist information on restaurants, accommodations, transportation, etc. Promotion of the interests of the disabled regarding access to buildings, etc.

Services	USERS: Anyone with difficulty reading printed texts
LA MAGNÉTOTHÈQUE 1030, rue Cherrier, bureau 105 Montréal (Québec) H2L 1H9 Tel. (514) 524-6831 Toll free from Québec: 1-800-361-0635 Québec City office: 2600, boul. Laurier Sainte-Foy (Québec) G1V 2L1	REGION: All of Québec

ACTIVITIES OR SERVICES:

La Magnétothèque meets users' needs in two ways:

(a) by making copy tapes from masters in its collection;

(b) recording books in its studio which are not in its collection; priority is given to requests from students and professionals.

Services	USERS: Any visually impaired person who registers at the reception service. Most users are English-speaking, though some services are available to Francophones. Parents of visually impaired children may have access to certain services.
MONTREAL ASSOCIATION FOR THE BLIND (MAB) 7000, rue Sherbrooke ouest H4B 1R3 Tel. (514) 489-8201	REGION: Greater Montréal

ACTIVITIES OR SERVICES: Social services (personal and family consultation, house calls and liaison with promotional organizations; help in filling out subscription cards, obtaining telephone service, joining recreational organizations, filling out tax returns, etc.; administration of Visual Aid Program (see chapter I); adaptation and rehabilitation service (orientation and mobility training); low-vision clinic; lessons in Braille and in operating the optacon; occupational therapy program; library of books (recorded and Braille) for children in the public school system; volunteer workers; educational service (pre-school programs for visually impaired children and their parents, elementary classes for visually impaired children). Penfield Residence for visually impaired young adults with multiple impairments. Guilman Residence for visually impaired elderly people.

Promotion and services (government) OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC (OPHQ) 309, rue Brock Drummondville (Québec) J2B 1C5 Tel. (819) 477-7100 (Drummondville) 1-800-567-1465 (toll free anywhere in Québec)	USERS: All classes of handicapped persons, and all promotional and service organizations working for them. REGION: All of Québec

ACTIVITIES OR SERVICES: The OPHQ provides financial or technical assistance for the acquisition of goods or services necessary for carrying out a service program (a plan implemented when all other recourse has been exhausted). It provides complementary home adaptation services, technical assistance services, services to help the handicapped integrate the labour market, and information on the rights and resources of the disabled; it also grants subsidies to promotional organizations. The OPHQ also accredits and subsidizes adapted work centres which primarly employ disabled persons now unable to join the work force. In other words, the OPHQ provides services which can help answer those needs of the handicapped which the other organizations were not able to meet. OPHQ documents are available on tape from La Magnétothèque.

Services	USERS: Persons physically, intellectually, psychologically or visually handicapped.
PARRAINAGE CIVIQUE DE L'EST DE L'ÎLE DE MONTRÉAL INC. 5852, rue de Marseille Montréal (Québec) H1N 1K3 Tel. (514) 254-1668 This office coordinates the 25 citizen advocacy groups in Québec.	REGION: East of Montréal

ACTIVITIES OR SERVICES: Volunteers act as helpers or tutors to physically disabled or mentally retarded persons, and as spokespersons, legal advisers, companions, etc.

Services	USERS: Persons physically, mentally or visually handicapped.
PARRAINAGE CIVIQUE DE MONTRÉAL 3740, rue Berri, 2e étage Montréal (Québec) H2L 4G9 Tel. (514) 843-8813	REGION: Montréal

ACTIVITIES OR SERVICES: Volunteers help mentally or physically disabled persons, by acting as spokespersons, advisers, teachers or companions.

Services PARRAINAGE CIVIQUE DE LA BANLIEUE OUEST Pointe-Claire (Québec) H9S 4P6 Tel. (514) 694-5850 Dorval office: 125, av. Brookdale Dorval (Québec) H9P 1X5 Tel. 631-9151	USERS: All classes of disabled persons. REGION: West Island Montréal, beginning at Lachine.

ACTIVITIES OR SERVICES: Trained volunteers act as guides to the mentally or physically handicapped, to the elderly, and to those receiving psychiatric care. These volunteers work as personal representatives, legal advisers, teachers, companions, tutors and so on, and are supported by a group of specialists in various areas.

This group is presently sponsoring a long-term pilot project to encourage a positive attitude toward exceptional school children.

Services	USERS: Anyone interested, on payment of $10 a year for the quarterly "Plein Soleil", can become a member.
QUEBEC DIABETES ASSOCIATION (QDA) 1111, rue St-Dominique Montréal (Québec) H2X 3V6 Tel. (514) 879-1191 1-800-361-5004 (toll free)	REGIONS: Montréal, Estrie, Mauricie, Québec City, Lévis, Sept-Îles. Montréal section: Hôtel-Dieu, Sacré-Coeur and Maisonneuve-Rosemont Hospitals

ACTIVITIES OR SERVICES: Education, specialized information and research, provided by diabetics, health professionals and resource persons. This association publishes a quarterly review entitled "Plein Soleil". Classes on diabetes ("Diabétaide" - fees: $15; duration: three or four consecutive days, with or without course on self-injection). Various items needed by diabetics are sold at prices lower than one would pay in a drugstore.

Promotion and recreation
QUEBEC FEDERATION OF THE BLIND
7 000, rue Sherbrooke ouest
bureau 115
Montréal (Québec)
H4B 1R3
Tel. (514) 484-9232

USERS: Members are visually impaired, although sighted friends or relatives may be admitted as corresponding members. Most members are English-speaking.
Annual fees: $2 for members and associate members.

REGION: Western Greater Montréal

ACTIVITIES OR SERVICES: Monthly meetings of members (press releases, recreational activities, etc.)
N.B. The federation pays much of the cost of a taxi service which makes it possible for members to attend meetings.
Organized activities (trips, etc.) are offered at reasonable prices.

- Excursions, dances, cultural events
- Bursaries offered to visually impaired students
- Promotion of the rights and interests of Québec's visually impaired citizens.

Services	USERS: Disabled persons holding a certificate from a health professional.
QUÉBEC TÉLÉPHONE, CENTRE DE RÉFÉRENCES POUR LES PERSONNES HANDICAPÉES C.P. 2070, dép. 511 Rimouski (Québec) G5L 7E4 Tel. (418) 722-5748 (collect calls accepted)	REGIONS: Eastern and Northeastern Québec, Bas Saint-Laurent, Gaspésie, Côte-nord, Beauce, Québec City outskirts.

ACTIVITIES OR SERVICES: Free forwarding of telephone calls; sale of telephone equipment (Tel. (418) 724-2441 (toll free)) for disabled persons; rates and costs are those set by the Régie des services publics on June 28, 1982; gradual installation of telephone booths at standardized height, etc.

Promotion REGROUPEMENT DES AVEUGLES ET AMBLYOPES DU QUÉBEC (RAAQ) 3740, rue Berri, 2e étage Montréal (Québec) H2L 4G9 Tel. (514) 849-7515	USERS: The visually impaired REGION: All of Québec. The national sector serves the regions, while the Montréal section covers Greater Montréal

ACTIVITIES:
- Publication of a monthly newsletter (INFO RAAQ)
- Training
- Information
- Follow-up and claims in cases related to the visually impaired
- Defending and promoting the rights and interests of the visually impaired

Recreation REGROUPEMENT DES AVEUGLES DU QUÉBEC 121, rue des Acadiens Notre-Dame-des-Laurentides (Québec) G0A 2S0 Tel. (418) 627-0304	USERS: Visually impaired persons referred by the CNIB (see under that name) REGION: Québec City and surroundings. Membership card: $4 (handicapped persons) $5 (guide)

ACTIVITIES OR SERVICES: This recreational group organizes cultural and social activities for its members (dances, Mother's Day celebrations, Christmas, etc.).

Services	USERS: People with impairments
LA RESSOURSE 920, boul. Saint-Joseph Hull (Québec) J8Z 1S9 Tel. (819) 777-6261	REGION: (07): Aylmer, Hull, Gatineau, Pontiac, Mont-Laurier, Maniwaki, Vallée de la Lièvre, Petite nation

ACTIVITIES OR SERVICES: This rehabilitation centre provides services in orientation and mobility, oral or visual communication, social reintegration, school support, functional rehabilitation, etc., in cooperation with a number of specialists (speech therapist, physio and occupational therapist, etc.). Program for school and social integration: training for return to work and to school.

Note: This centre administers the Visual Aid Program (see the first chapter).

Services	USERS: Visually impaired college and university students. Some elementary and secondary school children may be admitted.
SERVICE CONVERTO-BRAILLE CYPIHOT-GALARNEAU 123, rue Berri Hull (Québec) J8Y 4H9 Tel. (819) 770-2825	REGION: All of Québec

ACTIVITIES OR SERVICES: Books (library books, etc.) transcribed into Braille, under contracts with the ministère de l'Éducation du Québec and the federal government. This transcription is controlled by computer, so it can be done quickly, with a minimum of errors. Research into the design of such new equipment as the graphobraille, a microprocessor with which sighted persons can work.

N.B. Some special schools (école Nazareth et Louis-Braille; the elementary school of the Montreal Association for the Blind (MAB)) generally assume responsibility for Braille transcription for the elementary and secondary levels.

Promotion TABLE DE CONCERTATION DES ORGANISMES PROVINCIAUX DE PROMOTION (TACOPP) 1010, rue Sainte-Catherine est Montréal (Québec) H2L 2G3 Tel. (514) 284-2040, extension 32	USERS: Provincial promotional organizations. Membership card: $25 a year. REGION: All of Québec

ACTIVITIES OR SERVICES: Promotion and defence of the rights of the visually impaired. Newsletter every two months. Press releases. Occasional meetings; one annual general meeting.

Services VILLA DUFRESNE 1930, rue King ouest Sherbrooke (Québec) J1J 2E2 Tel. (819) 567-8411	USERS: Visually impaired persons REGION: (05) Estrie, Asbestos, etc. Lac Mégantic: 6435, rue Notre-Dame, G6B 2M9, Tel. 583-0407 Asbestos: 200, rue Letendre, J1T 1E3, Tel. 879-7749

ACTIVITIES OR SERVICES: This rehabilitation centre administers the Visual Aid Program (see the first chapter). Low-vision evaluation centre; training for autonomous daily living (an educator goes to various homes). Instruction in communications (handwriting, tape recorders). Orientation and mobility services assured in collaboration with the Institut Nazareth et Louis-Braille (Montréal region). See under that name in this Guide.

Office des
personnes handicapées
du Québec